



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 05-31-12)

100356– POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). The fat-free potato wedges contains no oil and are water blanched by baking, microwaved, or roasted.
PACK/YIELD	<ul style="list-style-type: none">6/5 lb bags per case. (30 lb cases)One 5 lb bag AP yields about 14⁷/₈ cups baked potato wedges and provides about 59.5 ¹/₄-cup servings baked vegetable.One lb AP yields 0.71 lb (about 2⁷/₈ cups) baked potato wedges and provides about 11.9 ¹/₄-cup servings baked vegetable.CN Crediting: ¹/₄ cup baked potato wedges provides ¹/₄ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store frozen potato wedges in the original shipping containers in the freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes. Cook potato wedges in a conventional oven at 450 °F for 8 to 10 minutes OR in a convection oven at 500 °F for 3 to 5 minutes. Heat to desired brownness. Serve immediately.

Nutrition Information

Fat-free potato wedges, frozen

	¹ / ₄ cup (38 g)	¹ / ₂ cup (76 g)
Calories	60	120
Protein	1.32 g	2.64 g
Carbohydrate	13.2 g	26.4 g
Dietary Fiber	1.32 g	2.64 g
Sugars	0 g	0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.468 mg	0.936 mg
Calcium	0 mg	0 mg
Sodium	16.6 mg	33.2 mg
Potassium	260 mg	520 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	6.0 mg	12 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none">Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">Do not refreeze potatoes.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.